

February 2005 – Pertussis (whooping cough) cases continue to be identified in Elmore County. Most of the cases reside in Mountain Home. The majority of cases have been among children and teenagers. With the assistance of local health care providers, labs and public school staff, Central District Health Department epidemiologists continue to identify and interview new or suspected cases.

Pertussis is a respiratory illness that can affect children and adults. Pertussis may start with cold-like symptoms and progress to a persistent cough. The coughing can get worse and can come in “fits” or spasms and is often accompanied by a whooping sound when taking a breath. The coughing may be so severe it can cause a person to vomit, cough up mucous, or lose his/her breath.

What can you do to protect yourself from pertussis?

- consult a physician immediately if you or anyone in your family has been exposed to a case of pertussis or develop the symptoms listed above;
- be sure that children under the age of seven have been appropriately immunized against pertussis.

Anyone suspected of having pertussis should be evaluated by a physician and isolated at home until they complete 5 days of treatment with an effective antibiotic. This includes both adults in the workplace and children in school.

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Tammy: Up to you...Links?

[Link to Pertussis Fact Sheet](#)

[Link to CDC \(Health Topics A to Z\)](#)

[Link to Recent Press Release\(s\)](#)

[Link to Epidemiology, Surveillance & Community Assessment](#)